

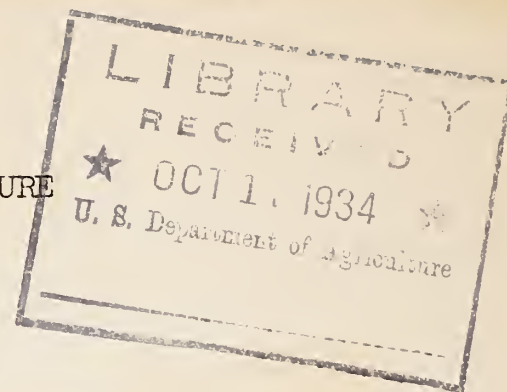
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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
Washington, D. C.



FOODS RICH IN CALCIUM

Almonds	Endive
*Amaranth	Figs, fresh or dry
Beans, common or kidney, dry or fresh, shelled; also snap or string	Hazelnuts
*Beet greens	*Kale
*Broccoli, sprouting	Kohlrabi
Burdock, roots	Leeks
*Buttermilk	Lobster
Cabbage and cabbage greens	Maple sirup
Cabbage, Chinese	*Milk, whole or skimmed; evapo- rated, condensed, and dried
Carrots	Molasses
*Cauliflower	*Mustard greens
Celery	Okra
*Chard	*Orach
*Cheese, Cheddar or American	Oranges
Cheese, cottage	Oysters
*Cheese, Swiss	Parsnips
Chickpeas	Rutabagas
Chicory, leaves	*Sesame seed
*Clams	Shrimp
*Collards	Sorghum sirup
Cottonseed flour	Soybeans
Cream	Soybean flour
*Dandelion greens	Spinach
Dock or sorrel	Spinach, New Zealand
Eggs, whole	Turnips
Egg yolk	*Turnip tops
	Watercress
*Excellent	

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th edition, 1932. Fresh fruits and vegetables here included average .045% or more; those marked as excellent average at least .100%. Drier foods here included, and those used in smaller quantities, as dry vegetables, dry fruits, seeds, nuts, and sirups contain correspondingly higher percentages.

## FOODS RICH IN PHOSPHORUS

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| Almonds                               | *Lobster                            |
| *Barley, whole                        | Meats (having more than 6% protein) |
| *Beans, common or kidney, dry         | *Meats, lean or medium fat (having  |
| or fresh, shelled                     | more than 12% protein)              |
| Beans, lima                           | *Milk, whole or skimmed; evapo-     |
| Brussels sprouts                      | rated, condensed, and dried         |
| Buckwheat flour                       | Orach                               |
| *Buttermilk                           | *Oysters                            |
| Cheese, Cheddar or American           | Parsnips                            |
| Cheese, cottage                       | Peanuts                             |
| Cheese, Swiss                         | *Peas                               |
| Chickpeas                             | Pecans                              |
| Clams                                 | Rice, brown                         |
| Cocoa                                 | *Rice, bran                         |
| Collards                              | *Rice, polish                       |
| Corn, green, sweet                    | Rye flour                           |
| Cornmeal                              | *Sesame seed                        |
| *Cottonseed flour                     | *Shrimp                             |
| *Cowpeas, or black-eyed peas, shelled | *Soybeans                           |
| Dandelion greens                      | *Soybean flour                      |
| *Eggs, whole                          | Spinach                             |
| *Egg yolk                             | Walnuts                             |
| *Fish                                 | *Wheat, whole grain, graham or      |
| Hazelnuts                             | whole wheat flour                   |
| Kohlrabi                              | *Wheat bran                         |
| *Lentils                              | *Wheat germ                         |
| <br>*Excellent                        |                                     |

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th edition, 1932. Fresh fruits, fresh vegetables, and meats here included average .065% or more phosphorus; those marked as excellent average at least .130%. Drier foods here included, and those used in smaller quantities as dried vegetables, dried fruits, cereal products, seeds, nuts, and cocoa contain correspondingly higher percentages.